

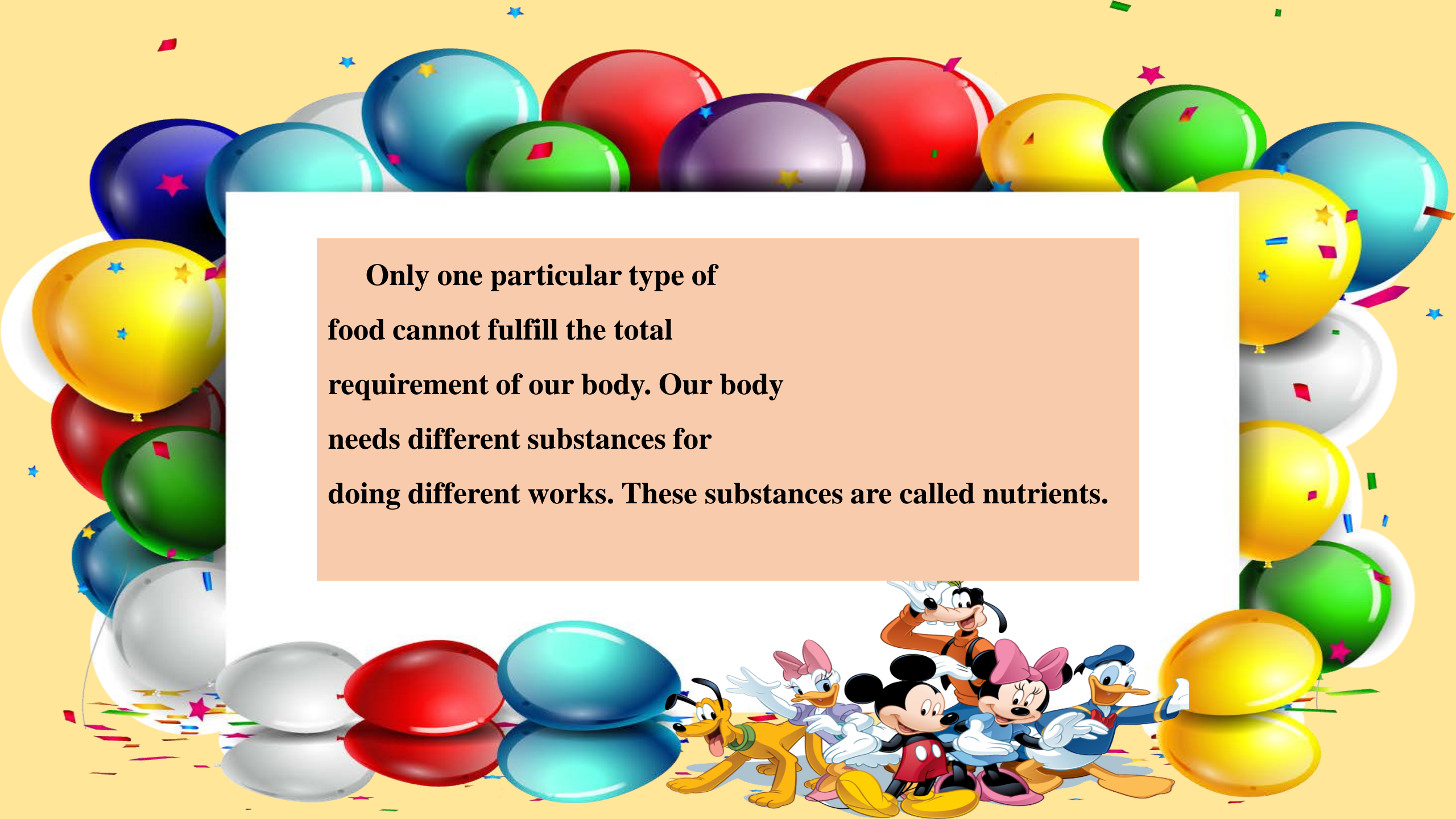
Chapter – 4 Food We Eat
Class – 4
E.V.S

We need energy to work and play. Food provides us this energy. Food helps us to grow, to fight against diseases and to remain healthy.

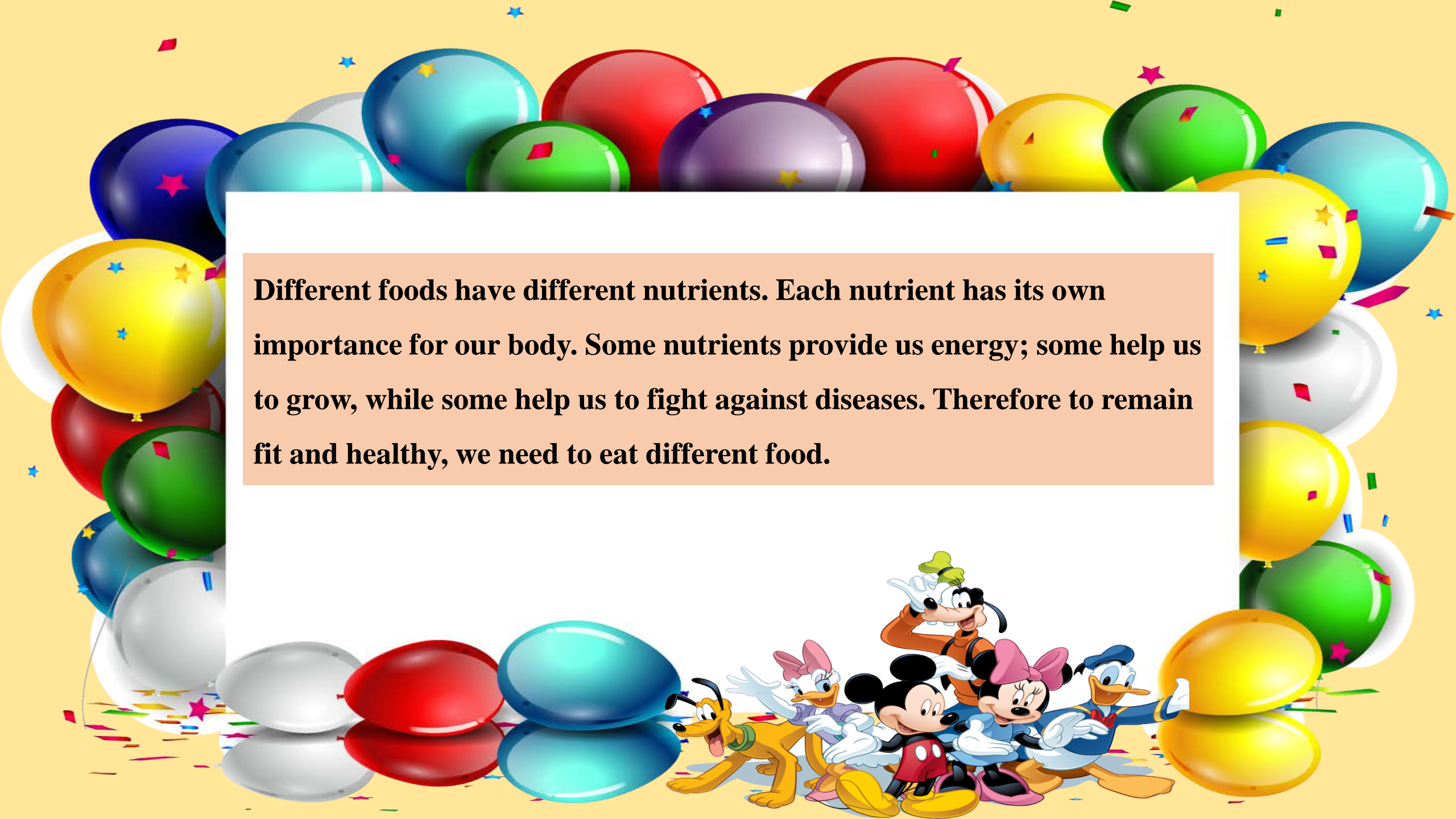


Different food





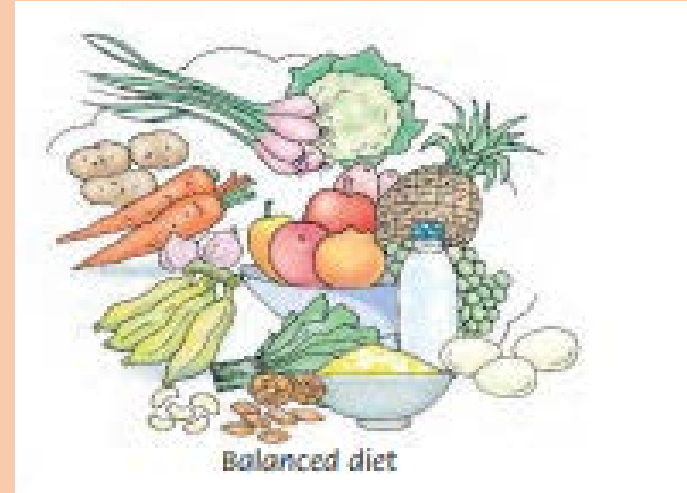
Only one particular type of food cannot fulfill the total requirement of our body. Our body needs different substances for doing different works. These substances are called nutrients.

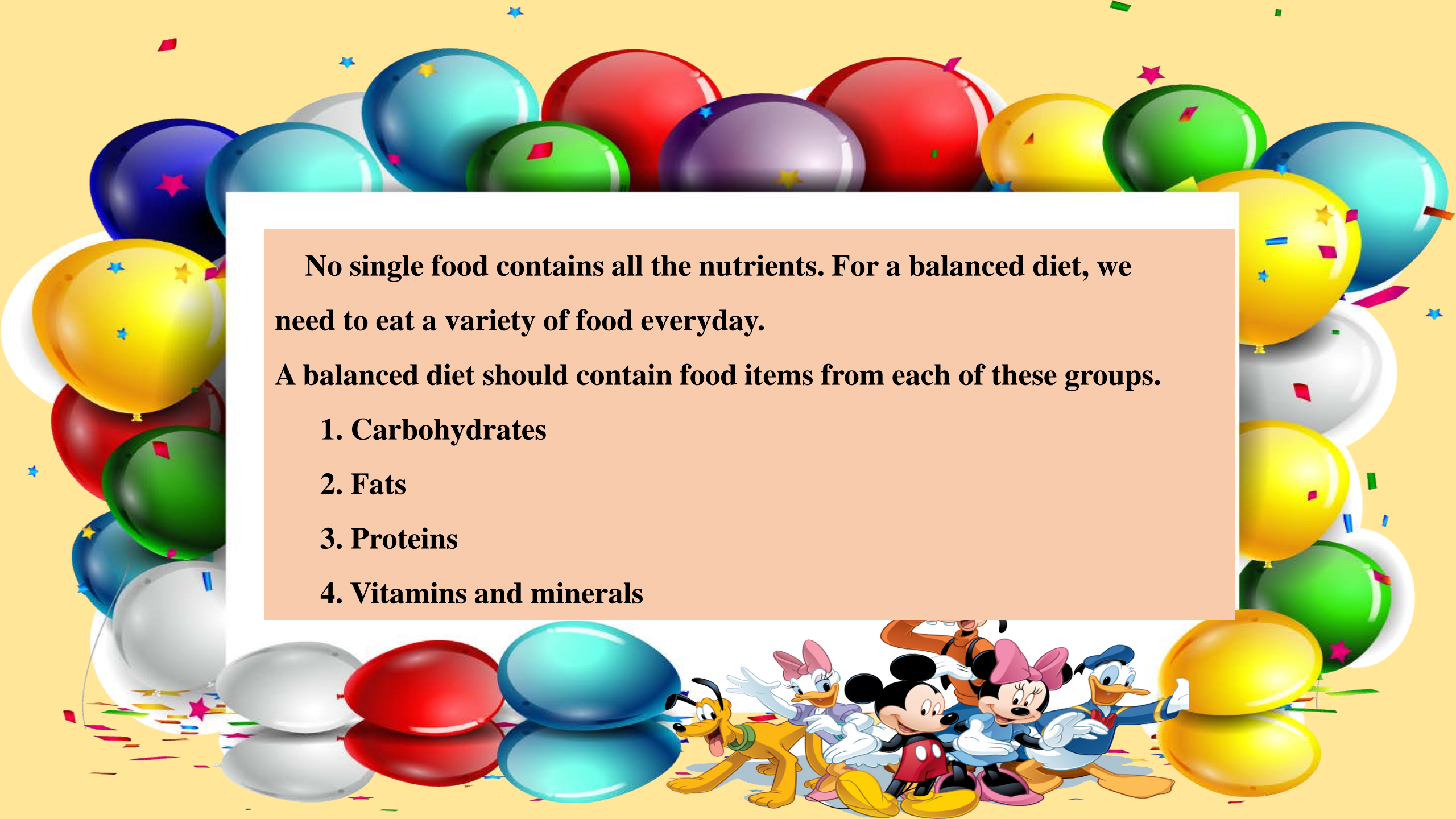


Different foods have different nutrients. Each nutrient has its own importance for our body. Some nutrients provide us energy; some help us to grow, while some help us to fight against diseases. Therefore to remain fit and healthy, we need to eat different food.

BALANCED DIET

Food that we eat everyday is our diet. Our diet should be such that it contains all the necessary nutrients in proper quantities. Such a diet is called **balanced diet.**





No single food contains all the nutrients. For a balanced diet, we need to eat a variety of food everyday.

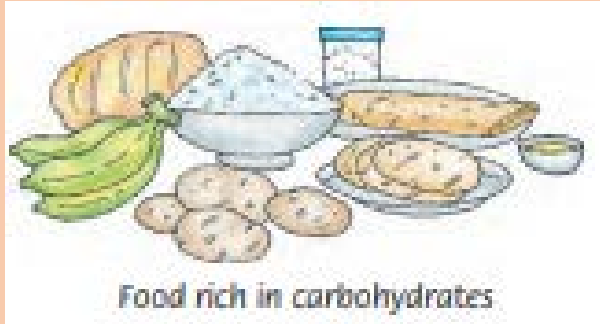
A balanced diet should contain food items from each of these groups.

- 1. Carbohydrates**
- 2. Fats**
- 3. Proteins**
- 4. Vitamins and minerals**



CARBOHYDRATES

Carbohydrates provide quick energy to our body. This is the reason they are called **energy giving nutrients**. Children need lots of carbohydrates. A person who does physical labour also needs more carbohydrates.



Food rich in carbohydrates

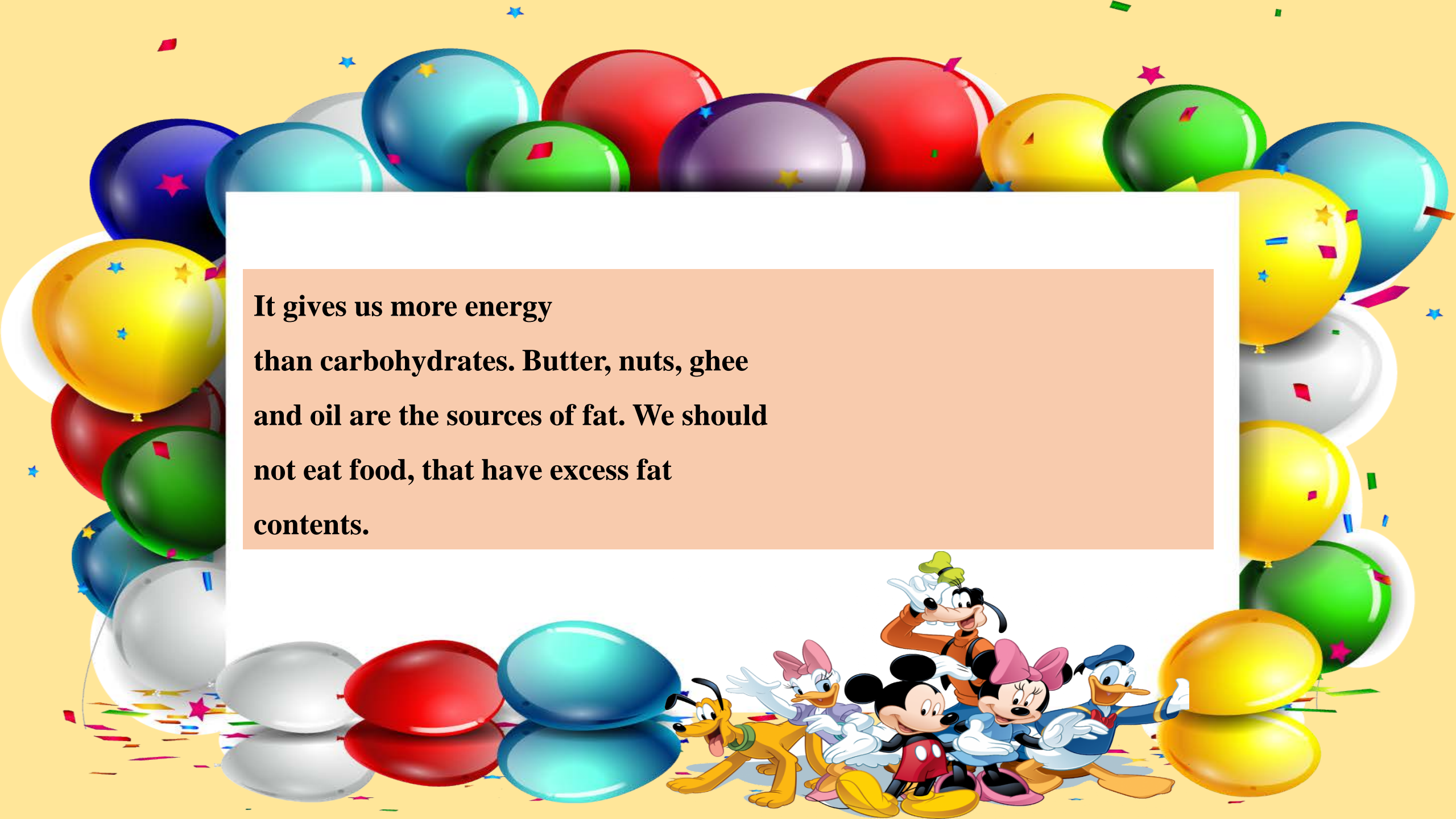
Cereals such as rice, wheat, maize etc. are rich in carbohydrates. Food made from these cereals such as bread, chapatti and dosa also have the same property. Sugar and sugar containing food such as potato, bananas are also rich in carbohydrates.



FATS

Fats provide us energy. They are stored in the body. The energy stored in the form of fat is used, when the body does not get enough food. Fat also keeps the body warm.





**It gives us more energy
than carbohydrates. Butter, nuts, ghee
and oil are the sources of fat. We should
not eat food, that have excess fat
contents.**



PROTEINS

Proteins are the nutrients that help our body to grow. Children need more proteins as their body is in the process of growing. Proteins are also needed to repair damaged parts of the body. That is why proteins are called **body-building nutrients**.

**Egg, fish, meat, cheese and pulses
contain more protein. Different food
contain different types of proteins.
Therefore our food should include more
than one source of proteins.**



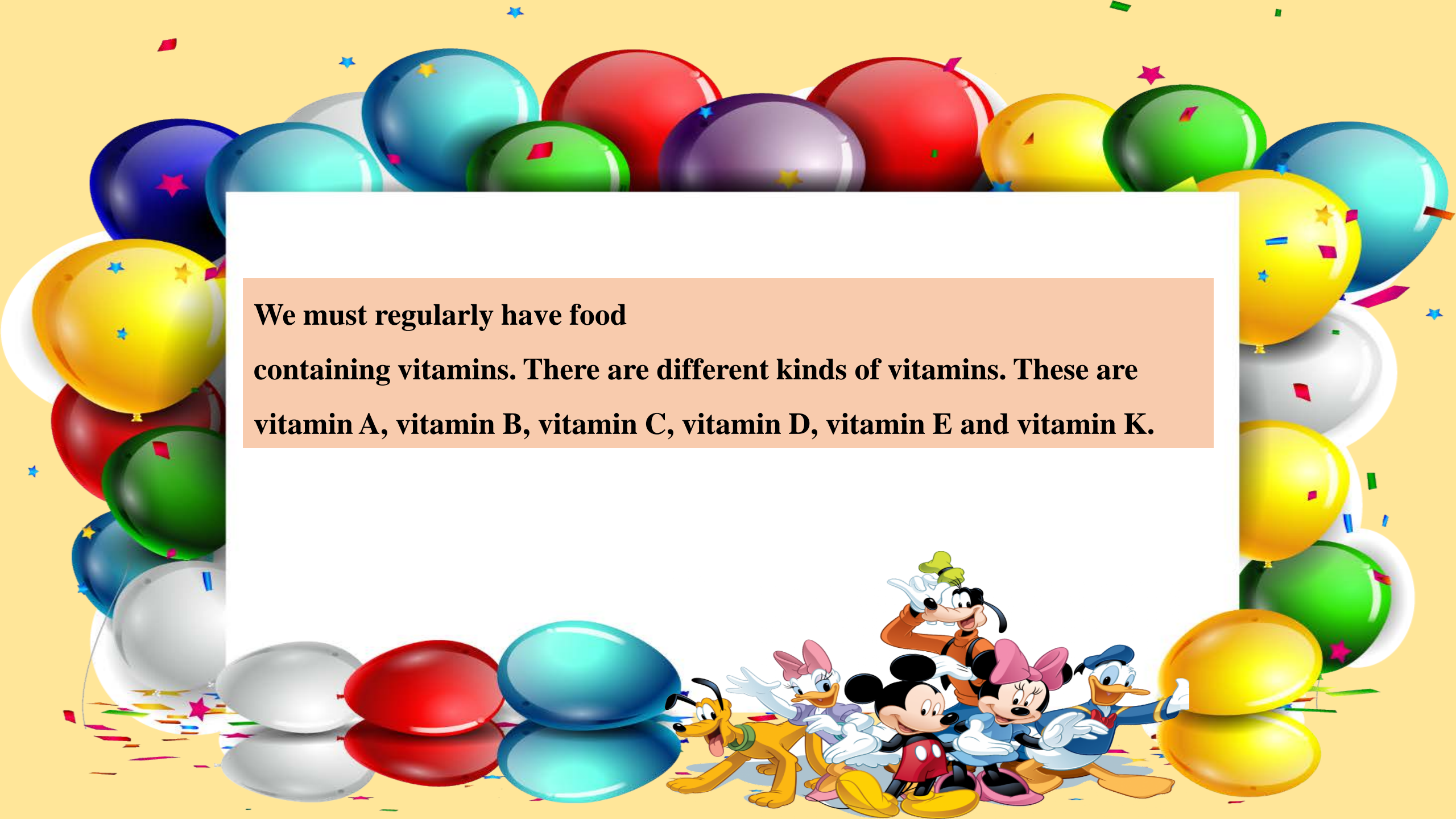
Protein-rich foods





VITAMINS AND MINERALS

Our body also needs nutrients like vitamins and minerals. They help our body to function properly and to fight against diseases. This is the reason they are called the **protective food.**



**We must regularly have food
containing vitamins. There are different kinds of vitamins. These are
vitamin A, vitamin B, vitamin C, vitamin D, vitamin E and vitamin K.**



Vitamin and mineral-rich foods

Fresh fruits, vegetables, meat, fish, milk and eggs are rich in vitamins.

These foods also contain minerals. Calcium is an important mineral needed to form healthy bones and teeth. It is found in





milk and leafy green vegetables. Iron is needed for making blood. It is found in green vegetables.



ROUGHAGE

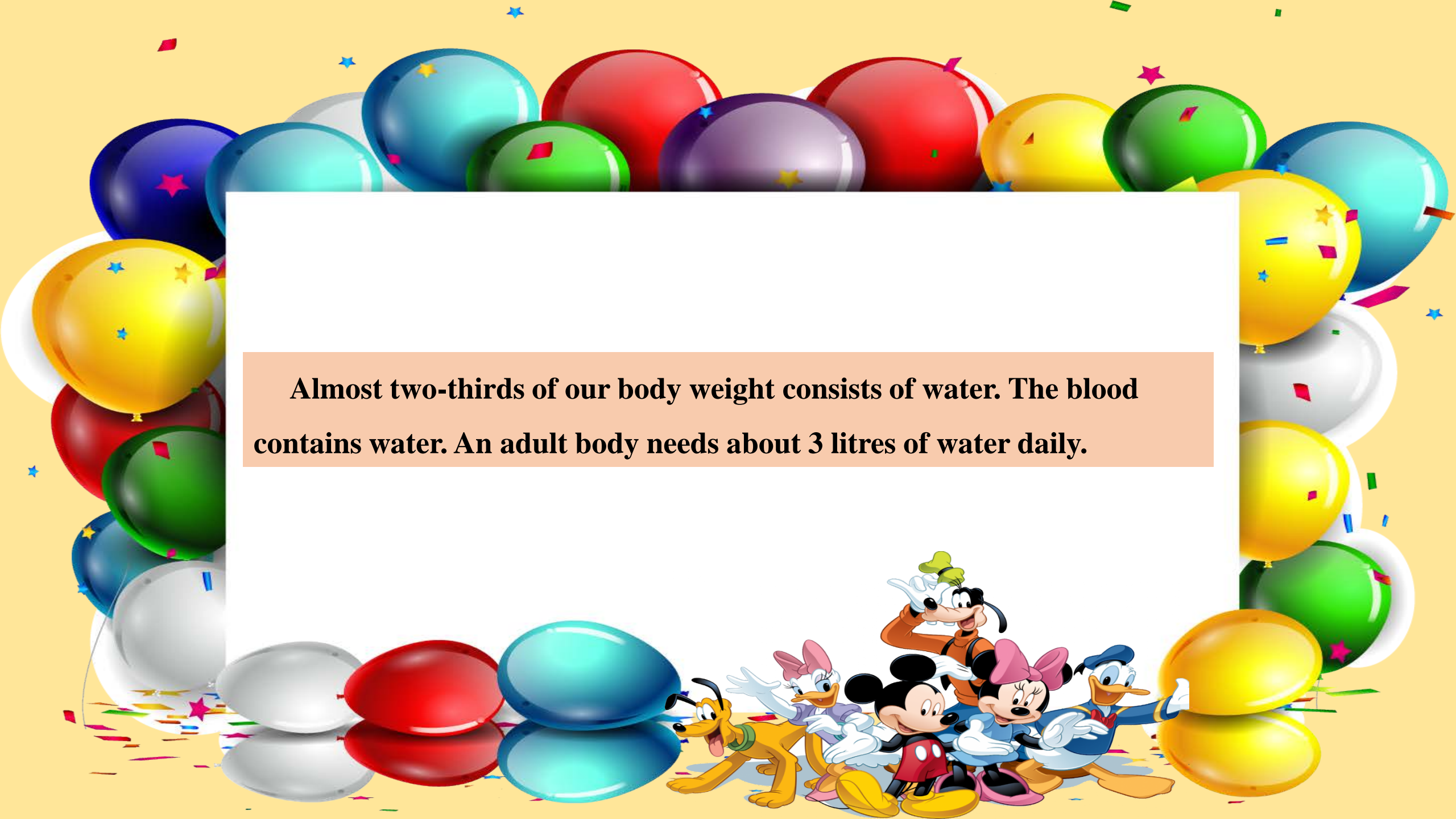
Roughage is present in our food. It is the fibrous part of the food. It is required for the proper functioning of the digestive system. It helps in the removal of waste material from the large intestine.



WATER

Besides the nutrients, our body also needs sufficient amount of water to stay healthy. Water helps in the digestion of food, removal of waste material and use of the nutrients properly.





Almost two-thirds of our body weight consists of water. The blood contains water. An adult body needs about 3 litres of water daily.



Check Your Knowledge

Fill in the blanks.

1. Adult body needs _____ litres of water daily.
2. Iron is needed for making _____.
3. Fats provide us _____.





Fact File

- Table salt contains iodine which is required for the normal functioning of thyroid gland.
- Sodium and potassium are required for the proper conduction of nerve impulse.



Things to Remember

- We require food for energy, to grow and to fight diseases.
- The nutrients that our body needs, to remain healthy and fit, are—proteins, carbohydrates, fats, vitamins and minerals.
- Water is very essential to remain healthy.
- A balanced diet provides the body with all the nutrients in the right quantities.
- Food can be preserved by canning, drying or by adding preservative.

